

CN WG FC Breaded Chicken Breast Popcorn Nuggets

Code:	20301
Case Pack:	4/5 lb. bags
Net Weight:	20 lbs.
Storage:	Frozen
Servings per Case:	104—108



Serving Suggestions:

The suggested serving size is 10 pieces or 3 oz.

Preparation Instructions:

Convection Oven: Bake at 375 degrees for 12 to 14 minutes

Conventional Oven: Bake at 375 degrees for 10 to 12 minutes

Ingredients: Chicken breast with rib meat, water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), and cyanocobalamin (B12). Seasoning (salt, sugar, sodium phosphates, maltodextrin, dextrose, spices, yeast extract, natural flavors, sunflower oil, modified food starch) sodium phosphate, tricalcium phosphate. Breaded with: whole wheat flour, enriched wheat flour (Enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, salt, disodium inosinate and disodium guanylate, nonfat milk, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), spice soybean oil yeast, extractives of paprika. Battered with: Water, whole wheat flour enriched wheat flour (enriched with niacin, reduced iron thiamine mononitrate, riboflavin, folic acid), sugar, salt, nonfat milk, disodium inosinate and disodium guanylate, wheat gluten, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), spice, soybean oil extractives of paprika. Pre Dusted with: Enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified potato starch, salt, soybean oil. Breading is set in vegetable oil.

Child Nutritional Information:

Each 3 oz serving provides 2 M/MA and .75 Grain Credit

Nutrition Facts

Serving Size: 10 Pieces or 3 oz
Serving Per Container: Approx. 104-108

Amount Per Serving		
Calories	165	Calories from Fat 65
		% Daily Value*
Total Fat	7g	11%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	27mg	9%
Sodium	326mg	14%
Total Carbohydrate	11g	4%
Dietary Fiber	1g	4%
Sugars	1g	
Protein	15g	
Vitamin A	2%	Vitamin C 0%
Calcium	6%	Iron 12%

* Percent Daily Values are based on a 2,000 calorie diet.

Allergens: Wheat, Soy, Milk